

Juanita Pohl Center
8513 SW Tualatin Road
503.691.3061
Matt Saviello, Center Supervisor
Margie Bradley, Program Specialist

Prime Times

December /January 2016

Have an Idea?

Submit a program idea to center staff. If the idea is accepted, offered and runs, the idea giver will receive a \$5 discount off the program fee to participate in that program.

Hours of Operation

Monday-Friday
8:00am to 5:00pm

Saturday/Sunday
Open for Rentals

Holiday Closures

December 25
In Observance of
Christmas

Pohl Center Advisory Committee Members

Candice Kelly
Del Judy
Bernice Bruckart
Bob Grable
Susan Noack
Mary Glassmeyer
Connie Dover
Stephanie Jones

Advisory Committee meetings are held bi-monthly on the third Wednesday of the month at 10am in the Multipurpose Room. The public is invited to attend.



City of Tualatin

www.tualatinoregon.gov

*We offer programs for **Active Older Adults** that will keep you moving, keep you connected, foster your interests, let you express your creativity and keep you vibrant.*

Upcoming Events

New Horizons Big Band Holiday Concert

Thursday, December 17
7:00-8:30pm

Join us and enjoy some holiday music – big band style!
This concert is FREE and light refreshments will be served.

Holiday Sing-A-Long Friday, December 18

1:00-2:00pm

Join us for a Christmas Sing-a-long with our joyful
acapella singers. Light refreshments will be served.

Adult Day Trips

Oregon Culinary Institute Dinner

Enjoy a four course dinner from some of the best culinary
students in Portland.

Wednesday, December 16

6:30 – 9:00pm

\$30 Resident/\$38 Non-Resident

Jane Eyre

A London National Theater Production. See a “Live” recording of one
of the best shows London’s West Side.

Saturday, January 23

1:30 to 4:30pm

\$25 Resident/\$31 Non-Resident

Red Ridge Olive Oil Tasting/Tour & Lunch

Tour of Red Ridge Farms with Olive Oil Tasting. Lunch at the Block
House in Dayton, Oregon.

Friday, February 19

11:00am to 3:00pm



Boomer Boot Camp-NEW!

Increase your endurance performing a variety of cardio and weight exercise stations.

Activity level: Beginner/Moderate

Mon/Wed 11:15am-12pm

Boomer Stretch & Relaxation-NEW!

Enjoy active stretching and take your muscles through their full range of motion naturally. Strengthen the mind-body connection and test your limits. Activity level: All

Tues/Thurs 2:00-3:00pm

Yoga for Veterans (ongoing)

Learn gentle stretches and ease suffering from combat and post traumatic stress. Sponsored by Barhyte Specialty Foods, Inc.

Sat 10:15am to 11:15am

FREE Sponsored by Barhyte Specialty Foods, Inc.

SilverSneakers® Classic ***

Have fun and move to the music with a variety of exercises designed to increase muscular strength and range of movement. Activity level: Beginner

Mon/Wed/Fri 10:00 to 10:50am

\$2 Punch Card Option

SilverSneakers® Circuit ***

Combine fun with fitness to increase cardiovascular and muscular endurance with a standing circuit workout.

Activity level: Moderate

Tues/Thurs 11:00am to 12:00pm

\$2 Punch Card Option

Gray Foxes Walking Club-NEW!

The goal of this group is to allow people of all fitness levels walking in our parks/trails to improve their health and wellness. Make new friends and explore Tualatin. Call the center in the case of inclement weather.

Tues/Thurs 9:00-9:45am

Free

Acrylic Painting for Beginners-NEW!

Learn to use color to create movement, texture, and light on canvas. Relax, play, and have fun as you learn to mix and express yourself with color in this fun 4-week class. Class restricted to 15 students.

Sun 1/10-1/31 2-4pm

\$140 res/\$162 non-res

AARP Tax Service

This free service is offered to low- and middle- income tax payers and the elderly. Appointments can be made beginning on January 4 in person or by calling 503.691.3061.

Friday Night Bingo

Fun prizes will awarded and light refreshments will be served. Pre-registration required.

Friday, December 18

6-8pm

\$3 per person

Bunco Dice Game Group

Enjoy an evening of playing an easy to learn dice game.

Refreshments are provided and prizes will be awarded. Pre-registration required.

3rd Wednesday of the month

6:00 to 8:00pm

\$3

Bereavement Support Group

Discover healing and hope in the face of loss as participants express and clarify their feelings in an environment of mutual support. Beginning in January.

4th Thursday of each month

6:30-7:30pm

\$3 suggested donation to cover light refreshments

American Sign Language Social

Have you ever thought of learning this interesting, visual language? Join this group of ASL users and get started.

FREE

Tue 4-5pm

Thur 6-7pm

Discovery Session Series

Enjoy a monthly presentation on a topic that will enrich your health, mind, or both. Topics will include history, health & safety, armchair travel and much more!

Select Wednesdays

12/8 **Science Cast: Star Gazing** 11:00am-Noon

12/9 **Everyday Brain Health** 10:00-11:00am

12/10 **Rocketing into Space** Noon-1:00pm

1/13 **A House Divided: Civil War –
A Smithsonian Art Museum Presentation** 2:00-3:00pm

Legal Advice Program

The Senior Law project is a volunteer lawyer program that is operated by Legal Aid Services of Oregon. 30 minute senior legal consultations are held on 2nd Friday each month. Call 503.691.3014 for more information.

Free

One on One Technology Tutoring (ongoing)

Need help with your smart phone, tablet or laptop? Make an appointment with our volunteer technology guru. Appointments can be made in advance or day of.

Wednesdays

1:00 - 3:00pm

Free

AARP Driver Safety Class

This 6-hour classroom course is designed to meet the needs of older drivers. Payment is due to the instructor at the time of the class. Pre-registration required.

Wednesday, January 9

8:30am-3:30pm

\$15 AARP Member, \$20 Non-Member

Meals on Wheels People

The Juanita Pohl Center, through the Meals on Wheels People, offer hot, nutritious meals for anyone age 60 & older Monday through Friday at the lunch hour. Meals on Wheels service is also available for homebound seniors.

For more information call 503.692.6767.